



## College of Nursing - Dawadmi

Programs Name: B. Sc. In Nursing	Course Code: NUR 2204
Course Title: Human Growth and Development	Credit hours: 2(2+0)

### Course Description

This course is designed to introduce nursing students to the concepts of growth, development, and maturation. It explores the stages of growth and development throughout the lifespan. Specific emphasis is placed on the physical, emotional, cognitive, social, and spiritual growth and development of human beings and nursing precaution measures in each developmental stage are also addressed.

No	Course content
1.	Introductory week
2.	Introduction of growth & development
3.	Psychosexual development theory Psychosocial development theory
4.	Cognitive development theory Moral development theory
5.	Fetal stages of growth and development
6.	Newborn (0-28 days)
7.	infant (<1 year)
8.	Toddler (ages 1-3 years)
9.	Early childhood (preschool) (ages 3-6) Assessment 1- Quiz
10.	Later childhood (school) (ages 7-11)
11.	Adolescence
12.	Early Adulthood (ages 20-40)
13.	Middle Adulthood (ages 40-60)
14.	Late Adulthood (ages 60 +)
15.	Assignment discussion

Textbook (s): Edelman, C., & Kudzma, E. C. (2022). Health promotion throughout the life span-e-book. Elsevier Health Sciences.